

Personal Stories

"Leading By Example: This Grandfather Shows It's Not Too Late to Prevent type 2 Diabetes. "

By Sam Kitching Member of the *Small Steps. Big Rewards.* Team to Prevent type 2 Diabetes

"One Dad's Climb to Prevent Diabetes - Step by Step." By José Cortez

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"Leading by Example: A Father Shows His Family How to Prevent type 2 Diabetes." By

Frenchy Risco Member of the *Small Steps. Big Rewards.* Team to Prevent type 2 Diabetes